

Asthma Policy

2024

Background

The school recognises that asthma is a widespread, serious but controllable condition affecting many children. This school positively welcomes all pupils with asthma and encourages them to reach their full potential in all aspects of school life by having a clear policy that is understood by all school staff.

Record keeping

At the beginning of each school year or when a child joins the school, parents/carers are asked if their child has any medical conditions, including asthma on their Medical Needs form. Following receipt of this information we send out an 'Asthma Care Plan' form for parents to complete and return promptly. All information collected, forms part of the asthma register, which is available to all school staff. Parents are also asked to update the school if their child's medicines or the dosage changes at any time. The school asthma lead keeps all completed health care forms in the office and ensures that copies of individual asthma care plans are kept together with the child's inhaler and spacer.

Asthma medicines

Immediate access to reliever medicines is essential and the medication must be kept in it's original box with the prescription details on. Pupils with asthma must bring into school an inhaler and spacer to be kept in their class asthma bag. It is the parent's responsibility to ensure that their child's medication is within date, however the asthma lead will check termly. An emergency inhaler and spacer is kept in the school office and the nurture hub.

The emergency salbutamol inhaler should only be used by children, for whom written parental consent for use of the emergency inhaler has been given, who have either been diagnosed with asthma and prescribed an inhaler, or who have been prescribed an Inhaler as reliever medication.

Breakfast & After-school Clubs

All staff leading before or after-school clubs have a copy of the whole school asthma register available to them, which details the classes the children are in and where their inhalers can be found. An emergency inhaler is located in the school office and at the nurture hub for use in an emergency situation.

PE, games & activities

Taking part in sports, games and activities is an essential part of school life for all pupils.

Class teachers are aware of which children have asthma from the school register.

Pupils with asthma are encouraged to participate fully in all PE lessons. Teachers and coaches will remind pupils whose asthma is triggered by exercise, to take their reliever inhaler before the lesson and to thoroughly warm up and cool down before and after each lesson. Each pupil's inhaler will be labelled and kept in the labelled asthma bag at the site of the lesson.

During swimming lessons all children on the asthma register will be required to have their inhaler on the poolside before being allowed to enter the water.

Off-site visits

It is essential when staff are planning a class trip that they check the asthma bag prior to the day of the trip to ensure that the correct medication is available for each child and that the medication is in date. Group leaders must ensure that the adults on the visit are aware of the children with asthma and who will be responsible for carrying the inhalers, being mindful of the fact that children on the asthma register must have immediate access to their inhaler at all times.

School environment

The school does all that it can to ensure that the school environment is favourable to pupils with asthma. The school has a definite no-smoking policy.

When a pupil is falling behind in lessons

If a pupil is missing a lot of time at school or is always tired because asthma is disturbing their sleep at night, the class teacher will initially talk to the parents to work out how to prevent the child from falling behind. If appropriate they will then talk to the School Nurse and Special Education Needs Coordinator about the pupil's needs.

Asthma Attacks

All staff who work with pupils with asthma know what to do in the event of an asthma attack. Staff training takes place bi-annually to ensure that this knowledge is kept up to date.

In the event of an asthma attack, the school follows a step-by-step procedures guide which is available in the staff room, school office and in each classroom. Staff will record the inhaler use in the class asthma book and inform parents verbally that day if their child has had an asthma attack, they will also place a blue band on their wrist indicating the time of the attack and how much medication was given.

Asthma treatment in school

MILD/MODERATE SYMPTOMS

Short of breath

- Wheezy
- Coughing
- Complaining of chest tightness
- May be unable to speak in full sentences.

ACTION

1. Give 2-4 puffs of pupils own reliever (blue) inhaler immediately.

2. If symptoms improve, the pupil can return to school

Activities

3. Record administration of medication And inform the parents, in accordance with school policy

If symptoms do not improve/ become worse or returning within 4 hours then follow instructions for severe attack.

www.shropscommunityhealth.nhs.uk

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Severe Asthma attack

Symptoms

The pupil may have one or more

of these symptoms in addition to the mild symptoms:

- Child's reliever inhaler is not helping to relieve the symptoms.
- Too breathless to talk or drink
- Becoming agitated or exhausted
- Lips and/or fingers are going blue.

Action

- 1. Give two puffs of the pupil's own reliever medication or emergency salbutamol if required via a spacer every Two minutes up to 10 puffs.
CALL AN AMBULANCE
- 2. Continue to give 1 puff of the reliever medication via the spacer every minute until the ambulance Arrives.
- 3. Record the administration of medication and inform the parents, in accordance with the school asthma policy

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How to use spacers

- Shake the inhaler and take the cap off.
- Place the inhaler into the spacer device.
- Encourage the child to breathe out and then place the mouthpiece of the spacer into their mouth forming a seal around the mouthpiece.
- Press the inhaler once into the spacer device and encourage the child to breathe slowly and deeply ten times, wait 30 seconds and repeat for each dose.



- Shake the inhaler between each dose given.
- DO NOT spray multiple doses of the inhaler into the spacer.

www.asthma.org.uk interactive inhaler demo

www.shropscommunityhealth.nhs.uk

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Spacers



- After use, the Spacer should be washed in warm water with a little washing up liquid, paying particular attention to the mouthpiece and valve.
- Once washed allow to air dry.
- Once dry if using emergency spacer, the mouthpiece and valve should be thoroughly wiped with an alcohol wipe (Clinell wipe).
- The Spacer can then be returned to its box ready for when it needs to be used again
- Prior to use, the mouthpiece should be wiped with an alcohol wipe (Clinell wipe).

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Emergency Salbutamol

- The emergency salbutamol reliever inhaler should only be used by children who are diagnosed Asthmatic and who have written parental consent for use.
- This inhaler can be used if the pupils own prescribed inhaler is not available (for example, broken, empty, expired or not available).
- School can purchase Emergency Salbutamol inhaler & spacers from the local pharmacy using signed order by Head Teacher on headed paper, stating name of school, purpose required for and quantity required.
- Consider keeping more than one emergency kit, especially if covering more than one site, to ensure that all children within the school environment are close to one kit.

Emergency salbutamol

- Inhalers should be stored below 30°C protected from sunlight.
- The emergency salbutamol should be kept separate from individual children's medication and clearly labelled as the emergency salbutamol and not locked away.
- The inhaler and spacer can be reused, provided it is cleaned after use.
- The inhaler canister should be removed, and the plastic housing and cap should be washed in warm running water and left to dry in a clean place.
- If there is any risk of contamination with blood they should not be re-used but disposed of.

[DOH, Guidance on the use of emergency salbutamol inhalers in schools, Sept \(2014\)](#)